HEALTHY YOU: Continue the Journey

Travel the road to a HEALTHY YOU by participating in programs that support an active, involved, and healthy lifestyle.

HEALTH AND WELLNESS SEMINARS
12:00–1:15 p.m., Conte Forum, Shea Room
A light lunch will be served.

Changing Your Health Destiny
Presentation by Dr. Eva Selhub
Wednesday, September 9
Do you think your health is out of your control? Do you feel that health and wellness are predetermined by heredity and genes? Learn how to transform yourself, your health, and your life for the better. Increase resilience, reduce stress with mind-body medicine, and work with the natural environment to achieve maximum health and well-being.

Dr. Eva Selhub is a clinical associate at the Benson-Henry Institute for Mind-Body Medicine, on staff at Harvard Medical School, and author of Your Health Destiny. Cosponsored by the Women’s Collaborative and the BC Wellness Support Group

Wellness is Healthy
Presentation by Dr. Patti Arcari
Wednesday, October 14
Learn about an array of integrative therapies in the treatment of disease, as well as managing the physical and emotional symptoms of stress. Resilience enhancing strategies and forms of self-care will be discussed.

Patricia (Martin) Arcari, PhD, RN, AHN-BC, is a BC graduate and program manager for the Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute. Cosponsored by the BC Wellness Support Group

Wellness, the 51st State (of Mind)
Presentation by Dr. Herbert Benson
Wednesday, November 11
Everyone experiences stress. The efficacy of mind-body medicine to counteract the harmful effects of stress will be presented. Learn about the “Relaxation Response” from the pioneer and internationally renowned scholar of the mind-body connection.

Dr. Herbert Benson is director emeritus of the Benson-Henry Institute and MindBody Medical Institute Professor of Medicine, Harvard Medical School. Cosponsored by the BC Wellness Support Group

WALK ACROSS CAMPUS
October 1–November 30
Kickoff walks: October 1 at 7:30 a.m. (RecPlex) and 12:00 noon (129 Lake)
The Walk Across Campus is a two-month HEALTHY YOU team walking program. All participants on a Fall 2015 team will receive a new Fitbit!
Participants from the Spring 2015 Walk have been tentatively added to their fall team and only need to confirm with their Team Leader (TL). TLs must submit final rosters no later than September 9. If you did not participate last year, we’d love to have you join a new or existing team or become a TL.

NEW!! Early responders and those who are on rosters confirmed by Team Leaders between August 13 and September 9 can receive their choice of Fitbit model/color shipped directly to them. Watch for e-mails about the ordering process. Online purchasing is encouraged. LIMITED on-site distribution of available Fitbits to participants who don’t order online will begin September 23 (first-come, first-served). For more information, registration directions, and Fitbit ordering/activation deadlines, visit www.bc.edu/healthy-you.

SPECIAL EVENTS
Healthapalooza
Wednesday, September 16
11:30 a.m.–2:30 p.m., O’Neill Plaza
Rain date: September 30
Stop by the HEALTHY YOU table to receive your free resistance band. Find out more about stress management, the Walk Across Campus, smoking cessation resources, and other reimbursements. Enjoy giveaways and chair massages. A Harvard Pilgrim Health Coach will be available to offer health and wellness advice.

Health Fair
Tuesday, October 27
10:00 a.m.–2:30 p.m., Yawkey Center, Murray Room
Take time to take care of YOU. Preregister to get your flu shot while you’re here! Visit our HEALTHY YOU information table and receive a complimentary exercise strap for simple stretching exercises. Learn about multiple resources available to assist with smoking cessation. Meet with representatives from campus and community health resources and receive consultations on acupuncture, chiropractic, massage, stress management, and more!

All employees who attend a seminar are eligible to enter a raffle. The presentations will be recorded and posted on the HEALTHY YOU website for anyone who cannot attend in person.
SMOKING CESSATION ASSISTANCE

Just thinking about quitting smoking can be overwhelming for many people. Boston College is committed to assisting employees who wish to quit tobacco use. To view the smoking cessation webinar or to find out more about free and discounted options for BC employees and family members, visit www.bc.edu/healthy-you/smokingcessation. We encourage you to participate in the Great American Smokeout on Thursday, November 19, 2015.

WEIGHT WATCHERS

Starting the week of September 14
Mondays, 1:15–2:00 p.m., Flynn Recreation Complex
Boston College offers a $150 reimbursement for Weight Watchers through Harvard Pilgrim Health Care. Visit www.bc.edu/healthy-you for details.

CAMPUS RECREATION PROGRAMS

Want to get fit, maintain a healthy weight, and have fun doing it? Campus Recreation is here to support you as you move toward a healthier, more active lifestyle. Please visit www.bc.edu/rec to learn more!

Fit Club: Weight Loss Program
September 9–December 4
Monday, Wednesday, and Friday, 7:15-8:15 a.m.
Are you looking to create some lifelong habits to help you reach a healthy weight? Fit Club is a semester-long small group training program and support group for individuals with a BMI greater than or equal to 27. The program includes goal setting, scheduled assessments, small group training workouts three days per week, fitness challenges, and lots of support and encouragement. A meeting with a fitness consultant is required in order to register.

Eligibility criteria must be met in order to participate. Please visit www.bc.edu/rec for details.

Program Cost: $245 before reimbursement
Participants must also be Campus Recreation members.
HR will reimburse benefits-eligible employee participants 50% at the conclusion of the program if the participant attends at least 75% of the classes. HPHC members are eligible for savings on a variety of health-related products and services, as well as other discounts. Examples include fitness (up to $150 health club reimbursement), athletic footwear, acupuncture and chiropractic services, vision care, and Weight Watchers. Find out more at www.harvardpilgrim.org/yourmembersavings.

FALL 2015 BOSTON-AREA CHARITABLE WALKS

Boston College’s charitable walk campaign marches on this year as we incorporate BC’s mission of being “men and women for others” into our HEALTHY YOU program.

We are looking for employees to volunteer to lead or participate on a BC team for charitable walks in the Boston area. Each leader will function as the point person for the walk. BC will provide leaders with a complimentary BC t-shirt and baseball cap and each participant will receive a BC t-shirt. Any fees associated with registration or fundraising are the responsibility of the participants.

For more information, please visit www.bc.edu/healthy-you/charitablewalks.

The 2015 Boston Heart Walk
Saturday, September 12, 2015
Hatch Shell, Boston, MA
http://heartwalk.kintera.org/bostonma

12th Annual Brian Honan 5K Run/Walk
Sunday, September 27, 2015
Tavern in the Square, Boston, MA
www.brianhonan.org/

Jimmy Fund Walk
Sunday, September 27, 2015
Boston College
www.jimmyfundwalk.org

Walk to End Alzheimer’s: Greater Boston Walk
Sunday, September 27, 2015
Paul Revere Park, Boston, MA
http://act.alz.org

Komen Massachusetts Race for the Cure
Sunday, September 27, 2015
Carson Beach, South Boston, MA
www.komenmass.org

Making Strides of Boston
Sunday, October 4, 2015
Hatch Shell, Boston, MA
http://makingstrides.acsevents.org

Welles Remy Crowther Red Bandanna 5K
Saturday, October 24, 2015
Boston College
www.bc.edu/offices/service/welles5k.html

Boston Walk to Defeat ALS
Saturday, October 24, 2015
South Boston, MA
http://web.alsa.org/walk

Visit www.bc.edu/healthy-you for more information.